**Tu’s moment in time**

**I felt petrified. I was so nervous that the palms of my hands were sweating and I was shaking so much I could have been in the North pole. But I had to, everybody was cueing for lunch and it was pizza .I was starving and I was last. I said to myself “I can do this I’ll just go down as fast as I can and get lunch”. “Tu your up” said the instructor”. I started to tense up, I swallowed hard. I bent down and went under the bar. I was only a matter of seconds away from going down, my body started vibrating like mad but I was going to do it any way. I was determined. Let’s do this I said to myself. I started to walk backwards slowly, steadily down the blue carpet bit, I felt the hard, cold metal and started to lean back slowly , until I felt like I was lying down. Walking down as fast as I could, I was trembling, sweating and I was getting quicker and quicker, closer and closer to the ground. I was there I had done it, I was so happy but sad at the same time because it went so quickly.** 